



## Planning an extended vacation or working abroad?

### Arranging Prescription Drug Coverage for Extended Stays (Travel or Long-Term Work Assignments) When Outside the United States

If you plan to leave the country for more than six months and need to ensure access to your prescription medications, you will need to do the following:

- **Los Alamos National Laboratory (LANL) Active Employees:** Call the LANL Benefits Office at **(505) 667-1806** for approval of prescription benefits coverage while outside the U.S.
- **Call Blue Cross and Blue Shield of New Mexico (BCBSNM)** at **800-325-8334, option 5**, at least two weeks before you leave and ask for a “vacation override request.” This override request will allow you to get up to a 6-month supply of medicine to use while making arrangements to handle your long-term prescription needs when you are out of the country.

#### What you need to know about override requests and obtaining Rx drugs.

- Your BCBSNM prescription drug coverage limits override requests to a 90-day supply.
- Override requests cannot be approved — and are not available — through Prime Therapeutics®.
- Override requests must be approved by BCBSNM through the Retail Pharmacy Program only.
- Extended supplies of medication are not available through the PrimeMail® mail-order service; Prime Therapeutics cannot ship prescriptions outside of the U.S.
- If your medication is lost, stolen, or damaged, replacement medication is not covered.

#### Maintaining prescription coverage and accessing care for long-term stays abroad

If you plan to be out of the U.S. for six months to a year or longer, BCBSNM advises the following:

- Arrange to have your maintenance medications shipped to your home in the U.S. via PrimeMail, and have a family member ship these prescriptions to you in the foreign country where you'll reside.

-OR-

- Find a doctor in the country where you'll reside who can write prescriptions for you and provide health care services. Establishing a relationship with a doctor is highly recommended — and it can help if you have a medical emergency. This will make it easier to get your current prescription drugs or any new medication you may need. You will pay up front for the prescription then complete a Prescription Drug Claim Form, attach the receipt, and mail it in for reimbursement. BCBSNM will cover medications purchased outside the U.S. if the product is approved for use by the U.S. Food & Drug Administration.

*Always carry your current BCBSNM member ID card. It contains helpful information for accessing health care when you're away from home.*

In addition to making arrangements for your prescription coverage when outside the U.S., remember to verify your medical benefits with BCBSNM before leaving the country. Check your Benefit Booklet and call Customer Service at **877-878-LANL (5265)**.

